

# UNDERSTANDING EATING DISORDERS

## Prevention, Identification and Support in Schools

Friday 29 March 2019



*Dr Anne O'Shea*

Clinical Psychologist

&

*Sam Boots*

Registered Psychologist



### Learning 4 All

**ALL SCHOOL STAFF IN PRIMARY SCHOOL, MIDDLE SCHOOL AND SECONDARY SCHOOL INCLUDING SCHOOL AND CURRICULUM LEADERS, TEACHERS, COUNSELLORS, WELLBEING COORDINATORS AND SCHOOL SUPPORT OFFICERS**

This workshop is intended for all school staff working with students or involved in planning, program or policy development for student welfare. The workshop will provide information about:

- Types of eating disorders and their identifying characteristics in children and adolescents
- Prevalence and detection rates in school aged children
- Myths and misconceptions
- Warning signs
- How to approach a student identified as high risk of an eating disorder
- Treatment and support options
- Risk factors and protective factors (including social media use, peer relationships and bullying)
- School-based prevention programs
- Practical suggestions to decrease risk factors and increase protective factors in schools

Learning outcomes for this workshop include:

- Understanding eating disorders and their occurrence in school age cohorts
- Ability to recognise signs of eating disorders within your student population
- Awareness of strategies you can use on your site to decrease the risk of eating disorder for your students

Certificates will be provided that include reference to the Teacher Standards that apply to this workshop

### ABOUT THE PRESENTERS

Anne is a Clinical Psychologist who provides evidence-based therapy for children, adolescents and adults with eating disorders. She holds a PhD in the treatment of perfectionism, eating disorders, depression and anxiety and has worked on research projects in a range of related areas including body image concerns and eating disorder risk factors, prevention and treatment. She has taught a range of prevention programs in schools and is currently coordinating a school-based eating disorder prevention trial in South Australia and Western Australia. Anne has also taught in the Master of Clinical Psychology at Flinders University.

Sam is a Registered Psychologist who has had experience providing therapy to children, adolescents and young adults with eating disorders. Sam's PhD research was in the area of parent feeding strategies and child eating behaviour and she has published research in several international journals related to this topic. Prior to her work in psychology, Sam was a teacher with 15 years of experience working in DECD, Independent and International schools in SA and abroad. Sam has taught from year 1 through to year 12 and now lectures at Flinders University in the pre-service teaching program. Sam brings a practical knowledge about teaching, learning and child development combined with research and clinical experience in the field of paediatric eating disorders.

**DATE:** FRI 29 March 2019  
**TIME:** 9.00AM - 3.30PM  
**COST:** \$150 GST INC  
**VENUE:** THE HIGHWAY  
290 ANZAC HIGHWAY, PLYMPTON  
**REGISTER:** [www.learning4all.com.au](http://www.learning4all.com.au)

*Tea and coffee on arrival, morning tea and lunch provided. Free onsite parking available.*

